

Tomato Scramble

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
1/4 cup Cherry Tomatoes (cut in half)
1 tbsp Cilantro (optional)
2 Egg
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	210	Iron	2mg
Fat	16g	Vitamin D	82IU
Carbs	2g	Folate	53µg
Fiber	0g	Magnesium	16mg
Protein	13g	Zinc	1mg
Vitamin C	5mg		

DIRECTIONS

- 01 Heat the oil in a non-stick pan over medium heat. Add the tomatoes to the pan and sauté for 3 to 5 minutes or until the tomatoes have softened. If using, add the cilantro and mix well.
- 02 While the tomato mixture is cooking, crack the eggs into a small bowl and beat well. Add in the salt.
- 03 Push the tomato mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the tomato mixture in once the eggs are no longer very wet.
- 04 Divide between plates and enjoy!

NOTES

RECIPE ID 502

SERVING SIZE

One serving is equal to approximately 1/2 cup.

MORE FLAVOR

Add onions and garlic to the tomato mixture.